

## 1Turkey Tetrazzine65

Number of Servings: 65 (202.76 g per serving)

| Amount | Measure | Ingredient                                  |
|--------|---------|---|
| 8 1/2  | lb      | Turkey, fryer/roaster, whole, w/skin, rstd  |
| 3 3/4  | lb      | Pasta, spaghetti noodles, whole wheat, dry  |
| 1 1/3  | cup     | Pimentos, cnd                               |
| 2/3    | cup     | Parsley, dried                              |
| 3 3/4  | cup     | Onion, white, fresh, chpd                   |
| 15.00  | Tbs     | Peppers, bell, green, sweet, fresh, chpd    |
| 3 3/4  | cup     | Mushrooms, cnd, drained, pces/slices        |
| 3.00   | cup     | Flour, all purpose, white, bleached, enrich |
| 1 1/4  | tsp     | Spice, pepper, black                        |
| 3 3/4  | oz      | Base, chicken, low sod, 0144, FS            |
| 5 1/4  | qt      | Water, municipal                            |
| 20 1/2 | oz      | Cheese, cheddar, low fat, shredded          |

### Nutrients per serving

| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size (203g)  |                             |
| Servings Per Container   |                             |
| Amount Per Serving   |                             |
| <b>Calories 240</b>  | <b>Calories from Fat 40</b> |
| % Daily Value*   |                             |
| <b>Total Fat 4.5g</b>  | <b>7%</b>                   |
| Saturated Fat 1.5g   | 8%                          |
| Trans Fat 0g   |                             |
| <b>Cholesterol 65mg</b>  | <b>22%</b>                  |
| <b>Sodium 180mg</b>  | <b>8%</b>                   |
| <b>Total Carbohydrate 27g</b>  | <b>9%</b>                   |
| Dietary Fiber 4g   | 16%                         |
| Sugars 2g  |                             |
| <b>Protein 24g</b>   |                             |
| Vitamin A 2%   | Vitamin C 10%               |
| Calcium 6%   | Iron 15%                    |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

### Notes

Buy diced, unsalted turkey 2 oz/serving (1# = 16 oz) OR  
Raw turkey, As Purchased, 14# will yield approximately 12 cups (4#) diced meat  
Roast fresh turkey and dice to equal correct # of pounds. 1# diced meat = ~ 3 cups

Dice turkey. Add drained and measured pimento and mushrooms, parsley, chopped onion and green peppers.  
Blend flour, low sodium chicken base and pepper and add to meat/vegetable mixture. Cook 5 minutes to heat mixture and brown, stirring constantly. Add water, stirring constantly, cook until thickened.

Cook whole wheat spaghetti according to directions. Drain. Combine cooked whole wheat spaghetti with turkey and sauce. Scale into non stick spray sprayed 12X20" baking pans (2/100 servings, use smaller pans for smaller yields). Sprinkle with shredded low fat cheese. Bake at 350 degrees for 40 minutes or until heated through and bubbly.

1 serving = 1 cup

1 serving = protein + 1 whole grain serving

1 serving = 27-4 grams carbohydrate = 1 1/2 carb serv